

## WE CLAIM:

1. A shaped body of plastic material with rounded outer contours for carrying out a method of active motion therapy by filling bulk material of shaped bodies into a container, wherein limbs to be trained are immersed into the bulk material for carrying out exercises, the shaped body comprising:
  - a first plane defined by a first substantially oval outer periphery of the shaped body, the shaped body being symmetrical relative to said first plane;
  - a second plane substantially perpendicular to said first plane and defined by a second substantially oval outer periphery of the shaped body, the shaped body being asymmetrical relative to said second plane; and
  - a third plane defined by a third outer periphery of the shaped body, said third plane being substantially perpendicular to said first plane and to said second plane, said shaped body being asymmetrical relative to said third plane.
2. The shaped body of claim 1, wherein said third substantially oval outer periphery is a maximum outer periphery of the shaped body.
3. The shaped body of claim 1, wherein said second substantially oval outer periphery is a minimum outer periphery of the shaped body.
4. The shaped body of claim 2, wherein said second substantially oval outer periphery is a minimum outer periphery of the shaped body.

5. The shaped body of claim 1, wherein the shaped body is symmetrical only relative to said first plane defined by said first substantially oval outer periphery.
6. The shaped body of claim 1, wherein at least one of said second and said third planes divides a line segment, perpendicular to said second or third plane and extending from an outer contour of the shaped body above said second or said third plane to an outer contour of the shaped body below said second or said third plane, into two partial segments having a mutual length ratio of between 1:1.5 and 1:5.
7. The shaped body of claim 1, wherein said third plane is defined by a maximum outer periphery of the shaped body and divides a line segment, perpendicular to said third plane and extending from an outer contour of the shaped body above said third plane to an outer contour of the shaped body below said third plane, into two partial segments having a mutual length ratio of between 1:1.5 and 1:5.
8. The shaped body of claim 6, wherein said ratio is between 1:1.5 and 1:3.5.
9. The shaped body of claim 7, wherein said ratio is between 1:1.5 and 1:3.5.
10. The shaped body of claims 6, wherein said ratio is approximately 1:2.
11. The shaped body of claims 7, wherein said ratio is approximately 1:2.

12. The shaped body of claim 1, wherein the shaped body consists essentially of a thermoplastic material.
13. The shaped body of claim 1, wherein the shaped body consists essentially of a plastic material which contains no halogen.
14. The shaped body of claim 13, wherein the shaped body contains substantially no chlorine.
15. The shaped body of claim 1, wherein the shaped body consists essentially of polyolefin.
16. The shaped body of claim 1, wherein the shaped body consists essentially of one of polypropylene and a polymer blend containing polypropylene.
17. The shaped body of claim 1, wherein at least one colorant or pigment is added to the plastic material of the shaped body.
18. The shaped body of claim 17, wherein said colorant or pigment is non-toxic.
19. The shaped body of claim 18, wherein said colorant or pigment has a colour different from that of conventional food.
20. The shaped body of claim 1, wherein the shaped body has a length between 0.4cm and 4.0cm, a width between 0.3cm and 3.0cm, and a height between 0.2cm and 2.0cm.

21. A device for carrying out a method of active motion therapy with bulk material of shaped bodies of plastic material with rounded outer contours which can be filled into a container provided for carrying out exercises with immersed limbs to be trained in the bulk material, wherein the bulk material comprises shaped bodies having the features of claim 1.
22. A device for carrying out a method of active motion therapy with bulk material of shaped bodies of plastic material with rounded outer contours which can be filled into a container provided for carrying out exercises with immersed limbs to be trained in the bulk material, wherein the bulk material consists essentially of shaped bodies having the features of claim 1.
23. The device of claim 21, wherein the bulk material is formed of shaped bodies of different sizes.
24. The device of claim 23, wherein the shaped bodies are provided in two different sizes.
25. The device of claim 23, wherein at least one of a length ratio and a width ratio between larger shaped bodies and smaller shaped bodies is between 1.3:1 and 3:1.
26. The device of claim 25, wherein at least one of said length ratio and said width ratio between larger shaped bodies and smaller shaped bodies is between 1.3:1 and 2:1.
27. The device of claim 23, wherein a thickness ratio between larger shaped bodies and smaller shaped bodies is approximately 1:1.

28. The device of claim 23, wherein a mixing ratio between larger shaped bodies and smaller shaped bodies is between 1.5:1 and 3:1.
29. The device of claim 28, wherein said mixing ratio is approximately 2:1.
30. The device of claim 21, further comprising a transparent container for receiving the bulk material of shaped bodies.
31. The device of claim 30, wherein said container is made from a plastic material.